

BETTER FUTURE BRIGHTER HOPE



Workbook

Dear Year 6

As part of our transition work, some of our prefects have prepared sessions to support your transition to high school, with top tips, good ideas, inspiration and to get you in the right mind-set for high school.

We would really like you to complete this booklet, together with your parents/carers over the next few weeks. Every Monday, I will upload resources to go with each session – The first one will be available on the Acle Academy Transition website on Monday 10th June!

Please bring this booklet to both your transition days in July and share with your Form Tutor and Head of Year. This will enable them to get to know you a bit better, and you will earn your first house points!

All the best
Mrs Jacotine

Name: _____

Form: _____

House: _____

Session 1

Being awesome

TASK:

- Is there anything holding you back?
- Which of these applies to you?
- Are there any other thing you can add?

Feeling stressed
or anxious

Scared of
hard work

You find it
hard to focus

Worried you
can't do things

Fear of
looking foolish

Scared of
taking risks

Feeling
embarrassed





TASK: Write down what you can learn from your primary school experience ahead of going to Acle Academy.

- How did you handle things when they went wrong?

- How did you react when you got stuck?

- Think about a time when you showed a 'kid awesome' attitude. Write about it here:

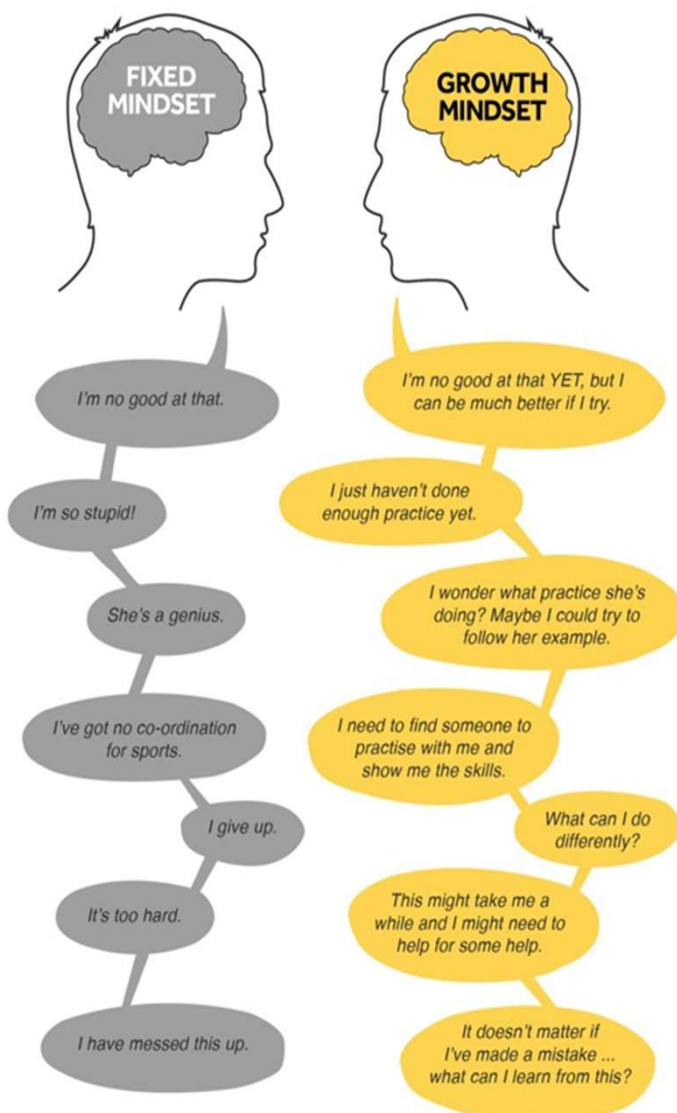
- Write down the kind of person you want to be at secondary school.



Session 2

Unlocking your mind

TASK: Look at these two people, each with a different mindset.



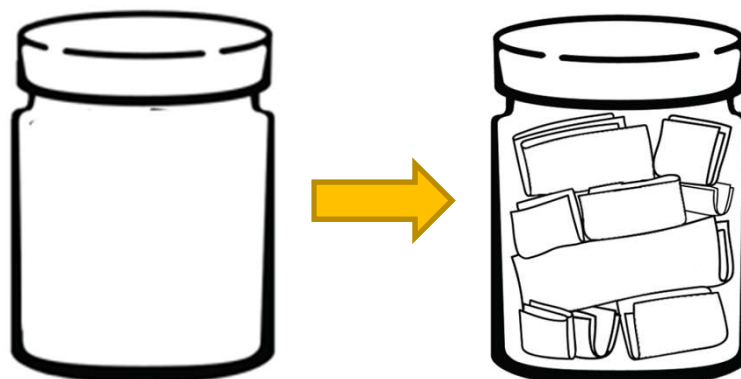
- Which mindset are you and why?

- Does it change depending on different situations in your life?

- Are you someone who thinks that you are just born intelligent?

The Worry Jar

- What are the things you tend to worry about which might stop you from trying something new or hard?
- Write them down on strips of paper (or you can write them down in your booklet)
- Put those strips of paper in a worry jar – any jam jar or a pot will do
- In a week's time, look at the strips of paper again (maybe with a parent or sibling) and see if the worries still apply
- Throw away the ones that don't
- Take a look at the ones that are still worrying you. Is there someone you can talk to about these?





Use this time before Year 7 to “have a go” at things.

TASK:

- Identify three things that you say you ‘can’t do’. Write them down.

- _____
- _____
- _____

- Now write each thing down using a growth mindset approach. For example, ‘*I can’t do maths*’ turns into, ‘*I am going to practise the things in maths that I can’t do yet*’.

- _____
- _____
- _____

- Think of something you’ve always wanted to get better at. Write it down. How could you practise that thing now?





Session 3

Dare to take risks

What are your hopes and dreams for secondary school?

You will be at Acle Academy for 5 academic years, from when you're 11 to 16 years old. A lot will change in that time.

Write down your thoughts about the following:

- What do you hope you will achieve?

- What kind of person do you hope you will become?

- Write down three words that you hope people will say about you

1. _____
2. _____
3. _____



Are you scared of failure?

Everyone will be scared of failure at some point in our lives,
BUT sometimes fear stops us from doing things.

It can stop you from achieving your goals and dreams.

What are you worried about 'failing' in secondary school?

Common concerns of Year 6 students about to start secondary school are:

- not making friends
- not being able to do the work
- that they won't know where to go

Think again about failure.

That is how we learn.

It is how we become determined.

Think of something that didn't go quite as you had expected. What did it teach you?

Jot that down now



Session 4

Making the change

Before you make a change, it is good to look back as well as look forward. Doing this can help you to see how far you have come! You started primary school when you were just 5 years old – you couldn't read or write back then!

School memories

Name three things that have changed the most about you since you started primary school.

1. _____
2. _____
3. _____

What will you miss most about your old school?

What are you most concerned about in your new school?



New school

Write down three things that you are really excited about doing in secondary school.

1. _____
2. _____
3. _____

Write down three worries you have about secondary school. Speak to someone you trust about your worries to help you feel better.

1. _____
2. _____
3. _____

Life is a journey...



Build on who are and what you have done in primary school...

Use it as a stepping stone to help you achieve, and enjoy a new school and environment

What are the things that you have already done at primary school that you would like to build on?



Session 5

Lost but not lost

**Remember when we talked about a ‘growth mindset’?
Now is the time to remind yourself of that!**

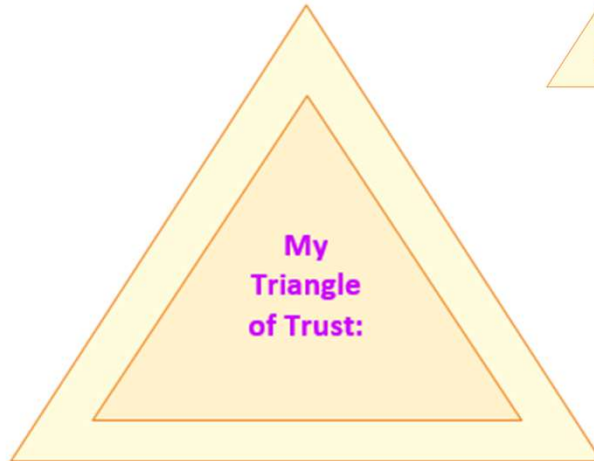
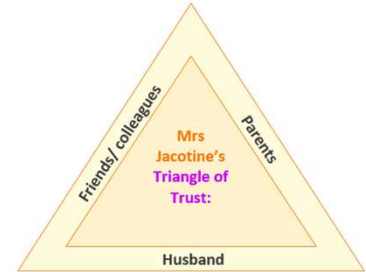
Change the statements on the left so that they are positive and hopeful. Your brain sometimes tells you negative things that are not based on fact. Your job is to tell your brain that there is another way to think and that it is wrong sometimes!

| Statement | Transform it! |
|---|--|
| I won't ever fit in | This is not true – I will find people who are like me; I just need to find them! |
| I will always be lost | |
| I can't do these subjects | |
| I won't make friends like I had in Year 6 | |
| I miss my primary school | |
| One of your own: | |



This is the Triangle of Trust

Write down who is in your Triangle of Trust.
Put their names on the triangle.



Who can you talk to about different things?

What three things makes you feel happy and good?

1. _____
2. _____
3. _____

Where is your safe place to just relax?



Session 6 'Bouncebackability'

How do you handle bouncing back?

Answer the following questions/finish the sentences:

1. I have shown 'grit' when...

2. I need to show more determination when...

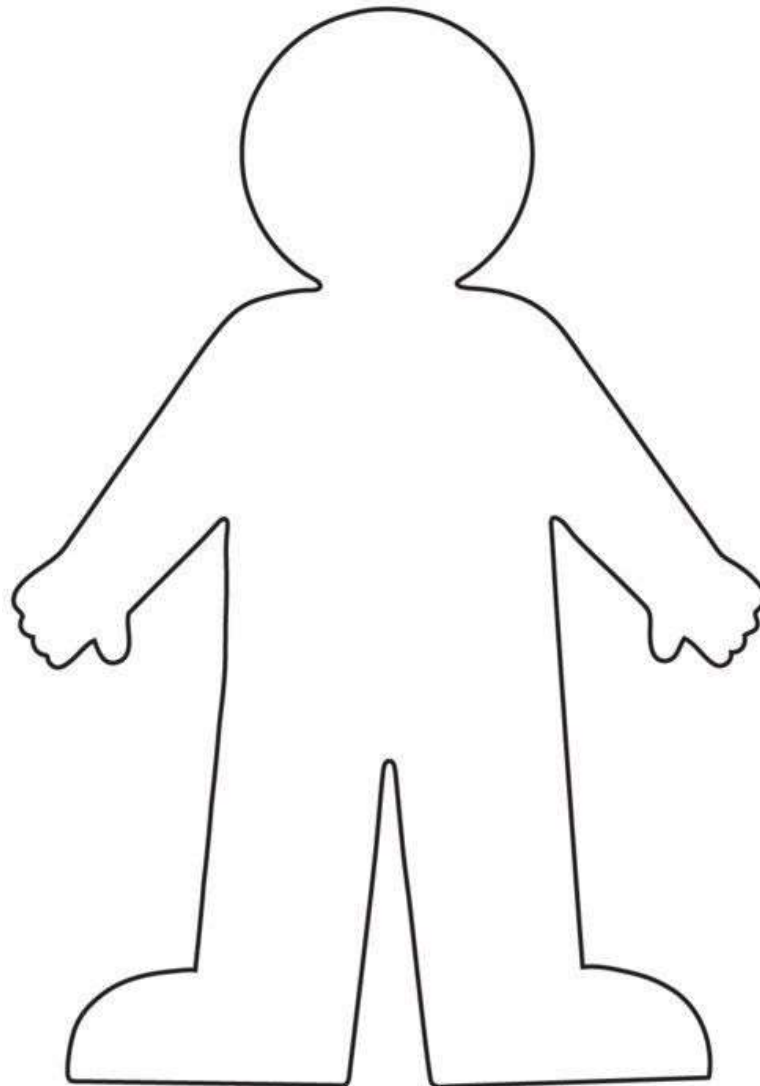
3. How do you handle making a mistake? What is your reaction?

4. Think of a time when you made a mistake. Were you kind to yourself?



What does 'work hard' and 'be kind' mean?

Fill in the person outline with all the things that you can do to show you are working hard.



In a different colour add in things that you can do to be kind.

How many of these things do you do already?

Highlight the ones that you would like to do more of!



Session 7

What is normal anyway?



What is the uniform you will wear at Acle Academy?

Do some research, go onto our school website, www.acle.norfolk.sch.uk and have a look at what is expected.

1. Write down a list of things that you have to wear

2. Are there any things you are NOT allowed to wear?

3. Your equipment is also part of your uniform. What do you have to take with you?

Find out who you are and do it deliberately

- List all of the ways in which you are different and unique.

- How may these help you in your new school or in life?



Session 8

Friendships and fallouts

What kind of friends do you **want to have** at Acle Academy? Make a list.

What kind of friend do you **want to be** to other people? Make a list.

Your friendships

- Who makes you laugh? _____
- Who is a good listener? _____
- Who can you trust? _____
- Who will give you an honest opinion? _____
- Who will help you through the transition to Acle Academy?



Session 9 Living well

Keeping yourself well

Write down three things that you are going to do when starting Acle Academy that will help you to stay well.

1. _____
2. _____
3. _____

